We claim:

1. A method of non-continuous administration of a pharmaceutical to a human female for a condition associated with the female's menstrual cycle, comprising the steps of:

a) ascertaining a number of days in the female's menstrual cycle;

b) orally administering a daily first dosage, starting on the first day of the female's menstrual cycle and continuing the daily oral administrations of said first dosage for a first dosage period; and

c) orally administering a daily second dosage, starting on the day after the last daily first dosage was administered and continuing the daily oral administration of said second dosage for a second dosage period;

wherein either (i) said first dosage is a placebo and said second dosage is said pharmaceutical, and said second dosage period is a selected number of days to administer said pharmaceutical for effective treatment of said condition and said first dosage period is determined by subtracting the selected number of days from the number of days in the female's menstrual cycle; or (ii) said first dosage is said pharmaceutical and said second dosage is a placebo, and said first dosage period is a selected number of days to administer said pharmaceutical for effective treatment of said condition and said second dosage period is determined by subtracting the selected number of days from the number of days in the female's menstrual cycle; and

wherein the first dosage and the second dosage administered during said menstrual cycle are selected from a single package.

2. The method of claim 1, wherein said first dosage is said placebo and said second dosage is said pharmaceutical.

3. The method of claim 1, wherein said first dosage is said pharmaceutical and said second dosage is said placebo.

4. The method of claim 1, wherein said condition is selected from the group consisting of premenstrual syndrome, migraine headache, endometriosis, psoriasis, acne, dysmenorrhea, neurosia, and premenstrual cramps.

5. The method of claim 2, wherein said condition is premenstrual syndrome.

6. The method of claim 5, wherein said pharmaceutical is a selective serotonin reuptake inhibitor.

7. The method of claim 6, wherein said selective serotonin reuptake inhibitor is selected from the group consisting of citalopram, escitalopram, fluvoxamine, paroxetine, fluoxetine, sertraline and pharmaceutically acceptable salts thereof.

8. The method of claim 7, wherein said selective serotonin reuptake inhibitor is fluoxetine or a pharmaceutically acceptable salt thereof.

9. The method of claim 8, wherein the selected number of days to administer said fluoxetine, or pharmaceutically acceptable salt thereof, during the second dosage period is in a range of 5 to 14 days.

10. The method of claim 9, wherein said second dosage period is 14 days.

11. The method of claim 10, wherein the first dosage period is determined to be a number in a range of 12 to 20 days.

12. The method of claim 11, wherein said package contains 14 daily dosages of fluoxetine, or a pharmaceutically acceptable salt thereof and about 18 to 20 daily dosages of placebo.

13. The method of claim 12, wherein said package includes indicia to determine the first dosage period based on the number of days in the female's menstrual cycle.

14. The method of claim 5, wherein said premenstrual syndrome is premenstrual dysphoric disorder.

15. The method of claim 1, wherein each first dosage and second dosage is contained in a single dosage unit.

16. The method of claim 1, wherein said pharmaceutical is selected from the group consisting of a selective serotonin reuptake inhibitor, an analgesic, a diuretic, and cortico steroids.

17. The method of claim 1, wherein the selected number of days to administer said pharmaceutical is in a range of 5 to 21 days.

18. A method of non-continuous administration of a pharmaceutical to a human female for a condition associated with the female's menstrual cycle, comprising the steps of:

a) ascertaining a number of days in the female's menstrual cycle;

b) orally administering a daily first dosage, starting on the second day of the female's menstrual cycle and continuing the daily oral administrations of said first dosage for a first dosage period; and

c) orally administering a daily second dosage, starting on the day after the last daily first dosage was administered and continuing the daily oral administration of said second dosage for a second dosage period;

wherein either (i) said first dosage is a placebo and said second dosage is said pharmaceutical, and said second dosage period is a selected number of days to administer said pharmaceutical for effective treatment of said condition and said first dosage period is determined by subtracting the selected number of days from

the number of days in the female's menstrual cycle; or (ii) said first dosage is said pharmaceutical and said second dosage is a placebo, and said first dosage period is a selected number of days to administer said pharmaceutical for effective treatment of said condition and said second dosage period is determined by subtracting the selected number of days from the number of days in the female's menstrual cycle; and

wherein the first dosage and the second dosage administered during said menstrual cycle are selected from a single package.

19. The method of claim 18, wherein said first dosage is said placebo and said second dosage is said pharmaceutical.

20. The method of claim 18, wherein said first dosage is said pharmaceutical and said second dosage is said placebo.

21. The method of claim 18, wherein said condition is selected from the group consisting of premenstrual syndrome, migraine headache, endometriosis, psoriasis, acne, dysmenorrhea, neurosia, and premenstrual cramps.

22. The method of claim 19, wherein said condition is premenstrual syndrome.

23. The method of claim 22, wherein said pharmaceutical is a selective serotonin reuptake inhibitor.

24. The method of claim 23, wherein said selective serotonin reuptake inhibitor is selected from the group consisting of citalopram, escitalopram, fluvoxamine, paroxetine, fluoxetine, sertraline and pharmaceutically acceptable salts thereof.

25. The method of claim 24, wherein said selective serotonin reuptake inhibitor is fluoxetine or a pharmaceutically acceptable salt thereof.

26. The method of claim 25, wherein the selected number of days to administer said fluoxetine, or pharmaceutically acceptable salt thereof, during the second dosage period is in a range of 5 to 15 days.

27. The method of claim 26, wherein said second dosage period is 15 days.

28. The method of claim 27, wherein the first dosage period is determined to be a number in a range of 11 to 19 days.

29. The method of claim 28, wherein said package contains 15 daily dosages of fluoxetine, or a pharmaceutically acceptable salt thereof and about 17 to 19 daily dosages of placebo.

30. The method of claim 29, wherein said package includes indicia to determine the first dosage period based on the number of days in the female's menstrual cycle.

31. The method of claim 22, wherein said premenstrual syndrome is premenstrual dysphoric disorder.

32. The method of claim 18, wherein each first dosage and second dosage is contained in a single dosage unit.

33. The method of claim 18, wherein said pharmaceutical is selected from the group consisting of a selective serotonin reuptake inhibitor, an analgesic, a diuretic, and cortico steroids.

34. The method of claim 18, wherein the selected number of days to administer said pharmaceutical is in a range of 5 to 21 days.

35. A package for delivering a non-continuous administration of a pharmaceutical to a human female for a condition associated with the female's menstrual cycle, said package comprising:

an allotment of daily placebo dosages;

an allotment of daily pharmaceutical dosages; and

a means of determining how many daily placebo dosages must be administered during the female's menstrual cycle.

36. The package of claim 35, wherein the means of determining the number of daily placebo dosages to be administered during the present menstrual cycle is selected from the group consisting of selection indicia, a dial mechanism and removing a certain number of daily placebo dosages prior to starting administration from said package.

37. The package of claim 36, wherein said condition is selected from the group consisting of premenstrual syndrome, migraine headache, endometriosis, psoriasis, acne, dysmenorrhea, neurosia, asthma and premenstrual cramps.

38. The package of claim 37, wherein said condition is premenstrual syndrome.

39. The package of claim 38, wherein said pharmaceutical is a selective serotonin reputable inhibitor.

40. The package of claim 39, wherein said selective serotonin reuptake inhibitor is selected from the group consisting of citalopram, escitalopram, fluvoxamine, paroxetine, fluoxetine, setraline, duloxetine and pharmaceutically acceptable salts thereof.

41. The package of claim 40, wherein said selective serotonin reuptake inhibitor is fluoxetine or said pharmaceutically acceptable salt thereof.

42. The package of claim 41, wherein the number of fluoxetine daily dosages, or said pharmaceutically acceptable salt thereof, is between 5 to 14.

43. The package of claim 42, wherein the number of fluoxetine daily dosages, or said pharmaceutically acceptable salt thereof, is about 14.

44. The package of claim 43, wherein there are about 12 to 20 daily placebo dosages.

45. The package of claim 44, wherein there are about 18 to 20 daily placebo dosages.

46. The package of claim 45, wherein said daily placebo dosages and said daily pharmaceutical dosages are contained in a single dosage units.

47. The package of claim 46, wherein the single dosage units are in a form selected from the group of a tablet, a capsule and a pulvule.

48. The package of claim 47, wherein the single dosage units are in pulvule form.

49. The package of claim 41, wherein the number of fluoxetine daily dosages, or said pharmaceutically acceptable salt thereof, is in a range of 5 to 15.

50. The package of claim 49, wherein the number of fluoxetine daily dosages, or said pharmaceutically acceptable salt thereof, is about 15.

51. The package of claim 50, wherein there are about 11 to 19 daily dosages.

52. The package of claim 51, wherein there are about 17 to 19 daily placebo dosages.

53. The package of claim 52, wherein said daily placebo dosages and said daily pharmaceutical dosages are single dosage units.

54. The package of claim 53, wherein the single dosage units are in a form selected from the group of a tablet, a capsule and a pulvule.

55. The package of claim 54, wherein the single dosage units are in pulvule forms.

56. The package of claim 38, wherein said premenstrual syndrome is premenstrual dysphoric disorder.